



# Effectiveness of brief interventions to reduce alcohol consumption among older people in primary care: a review of systematic reviews

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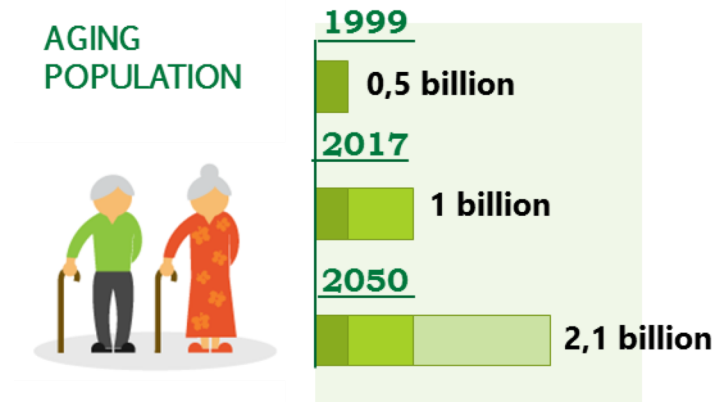
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# Background

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- ▶ Population is aging globally.



In **2050**

**1** in **5** people  
will be aged 60 or older



- ▶ The aging process is happening faster in low-income countries.
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# Background

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- ▶ Alcohol consumption in older people - the risks are greater.
- ▶ Alcohol consumption increases the risks related to chronic diseases and medication use.
- ▶ Drinking behaviour becomes a public health concern.
- ▶ Studies about interventions to reduce alcohol consumption in older people are scarce.



# Objective

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- ▶ Summarize the evidence of brief interventions to reduce alcohol consumption among older people in primary care through a review of systematic reviews.



# Methods

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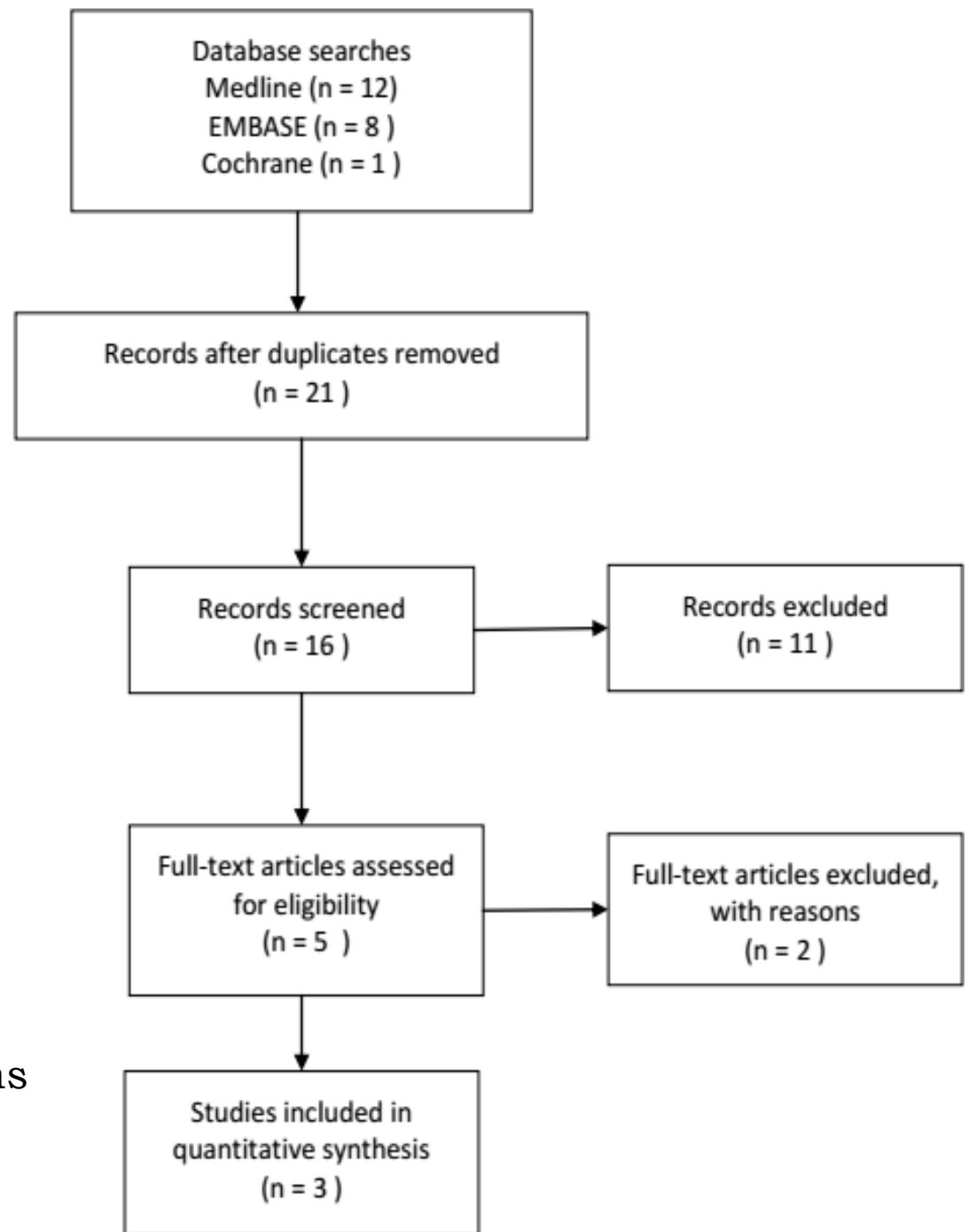
- ▶ Study designer:
  - ✓ Review of systematic reviews.
  
- ▶ Search methods:
  - ✓ Electronic databases - Medline, EMBASE and Cochrane.
  - ✓ List of references from eligible studies.
  - ✓ Studies published in English prior to August 2018.



# PRISMA

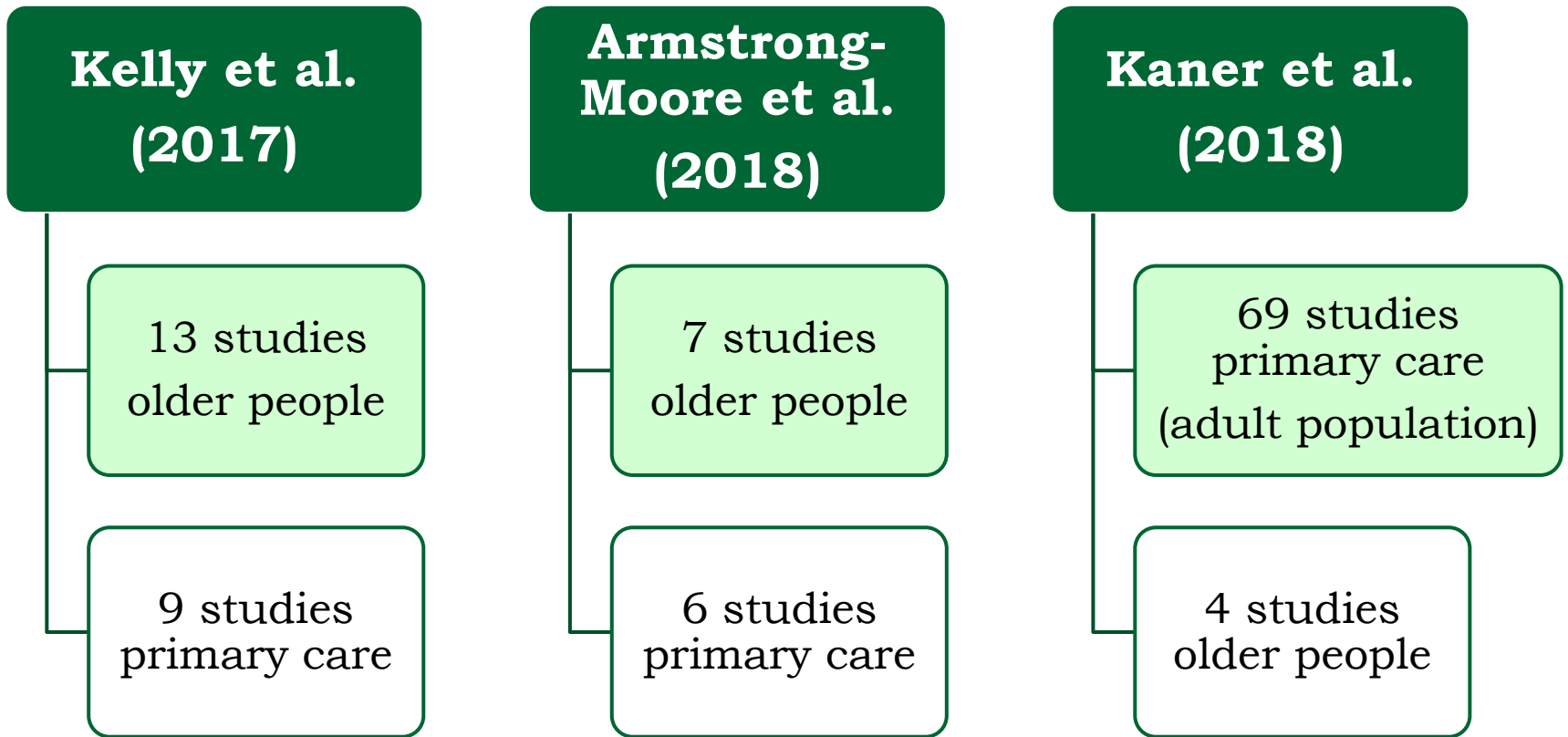
Flow diagram of the included SR

- ▶ Inclusion:
  - ✓ Systematic reviews
  - ✓ Older people
  - ✓ Primary care
- ▶ Exclusion:
  - ✓ Other drugs
  - ✓ Chronic medical conditions



# Three systematic reviews

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Nine studies included in the three systematic reviews			Three systematic reviews		
First author (year)	Sample (n)	Age	Kelly (2017)	Armstrong-Moore (2018)	Kaner (2018)
1. Fleming (1999)	158	≥ 65	X	X	X
2. Gordon (2003)	42	≥ 65	X	X	-
3. Fink (2005)	665	≥ 65	X	X	-
4. Oslin (2006)	560	≥ 65	X	-	-
5. Moore (2011)	631	≥ 55	X	X	X
6. Watson (2013)	529	≥ 55	X	-	X
7. Cucciare (2013)	168	> 60	X	-	-
8. Ettner (2014)	1.186	≥ 60	X	X	X
9. Kuerbis (2015)	86	≥ 50	X	X	-





# Results

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- ▶ 9 studies were included:
  - ✓ All of them conducted in high-income countries.
  - ✓ 8 studies in the USA and 1 in the UK.
- ▶ The studies compared interventions between groups:

## Intervention

- \* Brief intervention based on motivational interviews.
- \* Personalized feedback.
- \* Educational material.
- \* Physician advice.
- \* Drinking diaries.
- \* Telephone counselling.



## Control

- \* Leaflets/Booklets.
- \* Usual care.
- \* No intervention.

# Results

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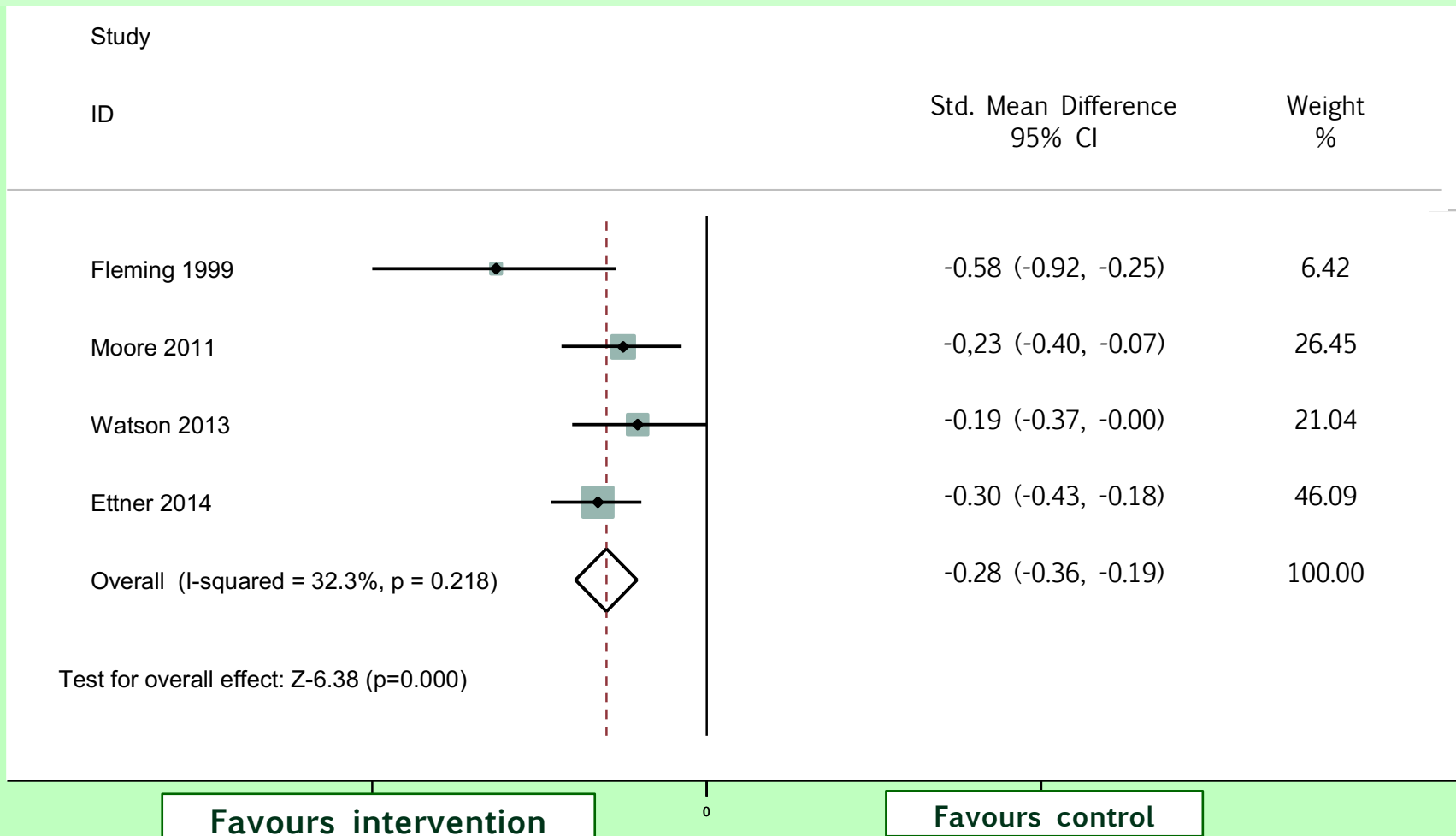
- ▶ Meta-analysis: 4 studies
  - ✓ RCT and similar interventions.

Studies	Intervention			Control	
	Booklet	Brief advice	Telephone counselling Specialist	General health booklet/ Usual care	Minimal intervention
Fleming (1999)	X	X	X	X	-
Moore (2011)	X	X	X	X	-
Watson (2013)	-	X	X	-	X
Ettner (2014)	X	X	X	X	-



# Meta-analysis

Forest plot for alcohol consumptions in intervention group versus control group at 3 or 6 month follow-up, in 'at risk' population.



# Conclusions

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- ▶ Our meta-analysis showed that BI is potentially effective, as it reduces alcohol consumption among older people.
- ▶ Research in this area is still limited and concentrated in high-income countries (HIC).
- ▶ The studies adopted different approaches:
  - ▶ Positive: a wider range of options tested.
  - ▶ Negative: the heterogeneous methods make comparisons difficult.



# Conclusions

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- ▶ The interventions are not clearly described, making replication difficult.
- ▶ Future studies:
  - ✓ To focus on identifying which components of alcohol-related BI for the adult population are also effective for the older population.
  - ✓ To develop interventions for older people adapted to low resources settings, to be used in low and middle income-countries.



# Acknowledgements

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**INEBRIA**

International Network on  
Brief Interventions for  
Alcohol & Other Drugs



# References

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